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NEWS RELEASE

Report: El Paso in Top Five for Community Well-Being Gallup poll measures lifestyle and well-being

EL PASO, Texas -- The City of El Paso is ranked among the top communities in a new analysis on lifestyle and well-being. The Sun City ranked 5th in this newly released *Gallup-Healthways Well-Being Index Report*. The study looked at the overall well-being of residents in the 100 largest communities in the United States.

El Paso is the only community ranked #1 in more than one element, purpose and physical well-being according to Healthways.

More than 176,000 people across the country were interviewed for the 2014 study. The State of American Well-Being report (which can be accessed via the Department of Public Health website at www.EPHealth.com) looks at five areas of personal fulfillment to determine the overall well-being of a community.

"What this recognition means is that El Pasoans are taking pride in the strides that are being made toward a healthier, happier community," said Robert Resendes, Public Health Director. "While we work toward becoming number one, it is nice to be recognized as fifth in the nation and first in Texas. El Paso also beat out California communities which are usually in the top ten."

The Top 5 Communities for Well-Being in 2014:

- 1) North Port-Sarasota-Bradenton, Florida
- 2) Urban Honolulu, Hawaii
- 3) Raleigh, North Carolina
- 4) Oxnard-Thousand Oaks-Ventura, California
- 5) El Paso, Texas

Bottom 5 Communities for Well-Being in 2014:

- 100) Youngstown-Warren-Boardman, Ohio
- 99) Toledo, Ohio
- 98) Knoxville, Tennessee
- 97) Dayton, Ohio
- 96) Indianapolis-Carmel-Anderson, Indiana

"Although we are very proud of this nationally significant ranking, feeling good about one's health and circumstances should never take the place of regular medical exams and age-appropriate screenings, vaccinations, etc. There are too many diseases which can be easily treated if diagnosed early but which may have poor outcomes if not addressed immediately," said Robert Resendes, Public Health Director.

Gallup presents forward-thinking research, analytics, and advice to audiences worldwide drawing on Gallup's more than 80 years of experience with its global reach, discussing the attitudes and behaviors of the world's customers, employees, students and citizens.

The efforts of the Department of Public Health promote the City's strategic goal to nurture and promote a healthy, sustainable community. For more information on the programs and services offered by the Department of Public Health, visit EPHealth.com or dial 2-1-1.

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